

EQUIPMENT ORIENTATION

Program Overview

Our Wellness Coaches will show you how to safely use our strength and cardio equipment, they will point you toward the right machines to give you a full body workout, and will show you how to track your progress.

Program Details

Ages:	16 years or older
Location:	Wellness Center
Time & Date:	By appointment
Staff:	Wellness Center Staff
Fee:	FREE to all Westport Weston Family YMCA members

To Register

1. Visit the Wellness Center and speak to a Wellness Coach.
2. Call 203-226-8981 x103 to book an appointment with a Wellness Coach.

Restrictions/Limitations

1. This program is available once per member.
2. This program is only available to members of the Westport Weston Family YMCA.
3. Please consult your physician before starting any new fitness program.

Questions?

Please contact our Wellness Coaches for any questions regarding this program. If you would like a more in-depth conversation about your personal wellness goals, please contact:

Shelly Goldman, Health & Wellness Director

Email: sgoldman@westportymca.org

Phone: 203-571-6035